High blood pressure equals higher risk of stroke.

Normal blood pressure is below 120/80.

Most people who have a first stroke have high blood pressure.

At age 50, people without high blood pressure have a life expectancy 5 years longer than people with high blood pressure.

80% of strokes can be prevented.

Strokes happen when a clot or rupture interrupts blood flow to the brain. Without oxygen-rich blood, brain cells die.

Nearly 1 in 6 American adults with high blood pressure don’t know.

Have your blood pressure checked and keep it in check to reduce your risk of stroke.

---